

Effective Sept 1 <sup>st</sup> , 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TABATA 6:15 - 6:40am ENRICO DI						
WALK N' TALK 8:30 - 9:15 am STEPHANIE DI (TRACK)	BOOTCAMP 9:15 - 10:00am STEPHANIE DI (GYM)	YIN YOGA 8:00 - 8:45am PAT DI	KETTLEBELL 9:15 - 10:00am HELEN T	MET CON 9:15 - 10:00am ROBERT DI		
ZUMBA 9:15 - 10:00am JULIA DI	FIT BODIES 9:15am-10:00am IOANA DI	CYCLE 9:15 - 10:00am MAUREEN T	FIT BODIES 9:15 - 10:00am VARIES (GYM) DI	STRETCH 10:15 - 11:00am ANITA DI	YOGA 9:00 - 10:00am DANIELA/ SUE DI	CYCLE CIRCUIT 9:00 - 9:45am VARIES T
STRETCH 10:15 - 11:00am ANITA DI	Barre 10:15am-11:15am ANITA DI	STRONG 10:15 - 11:15am DANIELA DI	PILATES 10:15 - 11:00am ANITA DI		ZUMBA 10:15 - 11:00am TARA/ JULIA DI	YIN YOGA 10:00 - 11:00am PATRICIA DI
BOOTCAMP 6:00 - 6:45 pm KYLE DI	BODYSHRED 6:00pm-6:45pm DANIELA DI (NEW)	W.O.D 6:00 - ??? pm ENRICO DI	MMA CIRCUIT 6:00 - 6:45pm ROCKY DI		<b>MON SEPT 3<sup>RD</sup> - CLOSED</b>  <b>POOL CLOSURE</b> No Aquafit classes from Sept 1 - Sept 21  Tuesday AM "Fit Bodies" will feature Kelani	
KETTLEBELL 7:00 - 7:45pm HELEN T	ZUMBA 7:00pm-7:45pm PATSI DI	Kelani DANCE 7:00 - 7:45pm IOANA (GYM) DI	ZUMBA 7:00 - 7:45pm TARA (GYM) DI	STRONG 6:30 - 7:30pm DANIELA D		
	YOGA 7:00pm-8:00pm SUE (MPR) DI		TABATA 7:00 - 7:35pm ENRICO DI			
PILATES 8:00 - 8:45pm IOANA DI	MET CON 8:00 - 8:45pm ROBERT DI	YOGA 8:00 - 9:00pm DANIELA DI	CYCLE 8:00 - 8:45pm ROBERT T		<b>HOURS OF OPERATION</b> Effective Sept 4 <sup>th</sup> 2018 Mon - Fri 6:00am - 10:00pm Sat - Sun 7:30am - 5:00pm	
<b>(NEW) AQUAFITNESS- POOL CLOSURE IN EFFECT</b>						
9:15 - 10:00 am HEATHER T	10:45 - 11:30 am KAREN T	9:30 - 10:15 am DONNA T	10:45 - 11:30 am KAREN T	10:30 - 11:15 am DONNA T	8:00 - 8:45 am PENNY T	
7:45 - 8:30 pm JANINE T		7:45 - 8:30 pm JANINE T				

### CHILD MINDING SERVICES

\*\*90 minute maximum/ 6 yrs & under

**Effective Sept 4<sup>th</sup>**

**Mon - Fri 9:00am-12:00pm**

**Mon - Wed 5:45 - 8:00pm**

**Saturday 8:00 - 11:30am**

Member: \$30.00/ 25 pass OR \$3.75/ visit

Non-member: \$4.25/ visit

Please see the Customer Service Desk for more information.

**(NEW)** - INDICATES NEW CLASS, TIME OR INSTRUCTOR

**T** - INDICATES TOKEN REQUIRED

**R (\$)** - INDICATES REGISTRATION REQUIRED
































**DI** - INDICATES DROP-IN, NO REGISTRATION REQUIRED

**(MPR)** - CLASS WILL BE LOCATED IN THE MULTI PURPOSE ROOM

**(GYM)** - CLASS WILL BE LOCATED DOWNSTAIRS IN THE GYM



**- HEART FRIENDLY**

CLASS	DESCRIPTION	Flexibility	Cardio	Strength	Gentle
 <b>Barre</b>	Barre will mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.				
 <b>BODYSHRED</b>	High Intensity workout, developed by Jillian Michaels 3,2,1, program				
<b>BOOTCAMP</b>	This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.				
<b>CYCLE</b>	This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training				
<b>CYCLE CIRCUIT</b>	You never know what's in store! A combination of 20 - 25 min of cycle followed by 10 -15 min of weight training - or – Alternate between the two. Truly a complete workout.				
<b>CIRCUIT</b>	Spice up your workouts with this CIRCUIT class. Experience variety, and intensity in this heart pumping, calorie burning class.				
<b>FIT BODIES</b>	This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.				
 <b>Kelani</b>	This is a Polynesian Dance inspired, hip shakin', body lovin', chakra rockin' class with an island twist. **No previous dance experience required!				
<b>KETTLEBELL</b>	A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.				
<b>MET CON</b>	This <b>Metabolic Conditioning</b> class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!				
<b>MMA CIRCUIT</b>	Mixed Martial Arts is one of the fastest growing sports today! This circuit style class teaches a combination of MMA movements.				
<b>PILATES</b>	This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.				
<b>PUMP</b>	This class is designed to help you increase your strength, shape and tone all major muscle groups. Enjoy the benefits of weight training in this high-energy group setting.				
<b>STRETCH</b>	No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!				
 <b>STRONG</b> by ZUMBA	Combines HIIT with synced music motivation. This is not dancing; it's musically synced body weight movements at fast paced rhythms!				
<b>TABATA</b>	6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!				
<b>WALK N' TALK</b>	This gentle walking program will help improve your balance, strengthen muscles, prevent weight gain. Don't forget your indoor shoes				
<b>W.O.D</b>	The science based <b>Workout Of the Day</b> workouts can last anywhere from 10 -25 mins, but sweat is guaranteed! This class may be the challenge you're looking for.				
<b>YOGA</b>	Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome				
<b>YIN YOGA</b>	This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.				
 <b>ZUMBA</b> FITNESS	Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!				